

Caregiver Support



Do you provide regular care for a loved one who has a long-term illness or disability?

We can help.

855-YES-ADRC
TAKETIMETEXAS.ORG



CARING FOR YOURSELF

is one of the most important things you can do as a caregiver.



Respite is a break for someone like you who is caring for a child or adult with a chronic health condition or a disability.

Respite provides you the chance to run errands, nap, see friends or spend time with other family members. Respite also gives your loved one a chance to spend time with other people.



“He benefits because he has a happy mom. It’s healthy for me, and it’s healthy for him.”

– Rosalba, mother of a child with disabilities

WHEN YOUR NEEDS ARE TAKEN CARE OF

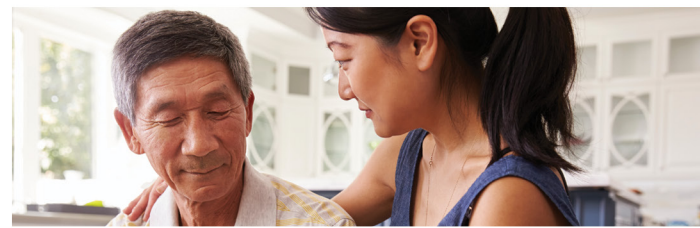
you can take better care of your loved one.



Respite services may be used frequently or infrequently, such as for emergencies, vacations, one day per week or month, weekends or as needed.

Respite care can be provided at home or in a care setting. Services are available in a variety of places:

- Your own home
- A place of worship or community center
- A licensed assisted living facility or nursing home



Visit **TAKETIMETEXAS.ORG** to learn more, or call **855-YES-ADRC (855-937-2372)**.